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MANUAL FOR Physical Culture and Muscular Development.

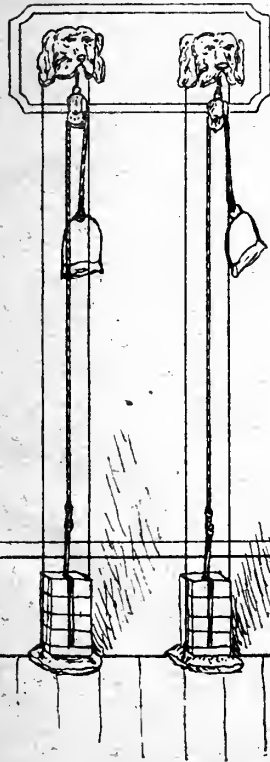
Before you go elsewhere bare in mind that I am the first person who made and patented an Exercising Machine where the weights were guided by rods or wires. I sell them just as cheap and believe my make to be better than others, (who have altered the machine in various ways to avoid the exact pattern) which the references on back cover go to prove.

Respectfully,

Prof. J. R. JUDD,

101, 103 & 105 West 36th St.,

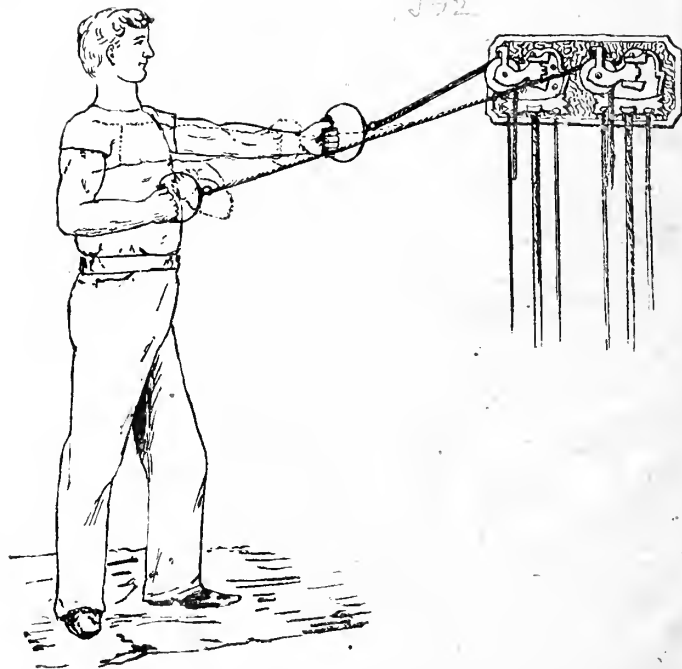
New York.

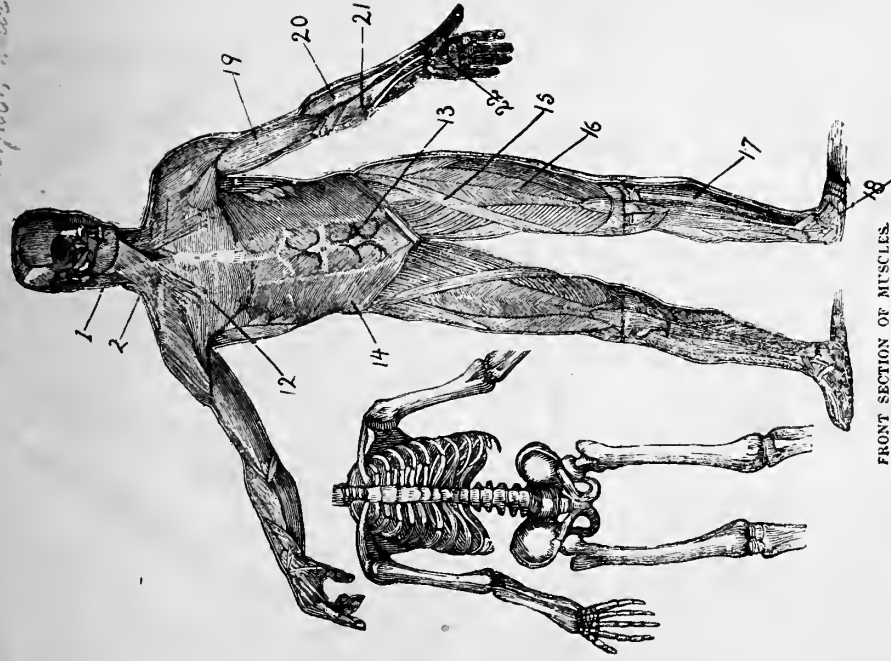


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This cut shows the improved double pulley machine which I believe is far superior to any other for its purpose having the friction lever at the lower end, the weights can be pulled alternately as shown in cut or both together by using a wiffletree as in my other machines.

The upper and lower parts of this machine will be screwed on to boards neatly finished, the upper-pulleys to be put up so that the rods fit into both sockets and the lower sockets for rods are plumb with upper holes.





FRONT SECTION OF MUSCLES.

No. 1 and 2.—Neck muscles.

No. 12.—Pectoral major or chest muscles.

No. 13.—Abdominal muscles.

No. 14.—Obliquus or muscle at loin.

No. 15.—Sartorius muscle, front of leg passing from outer part of hip to inner part of knee.

No. 16.—Rectus muscle, or front of thigh.

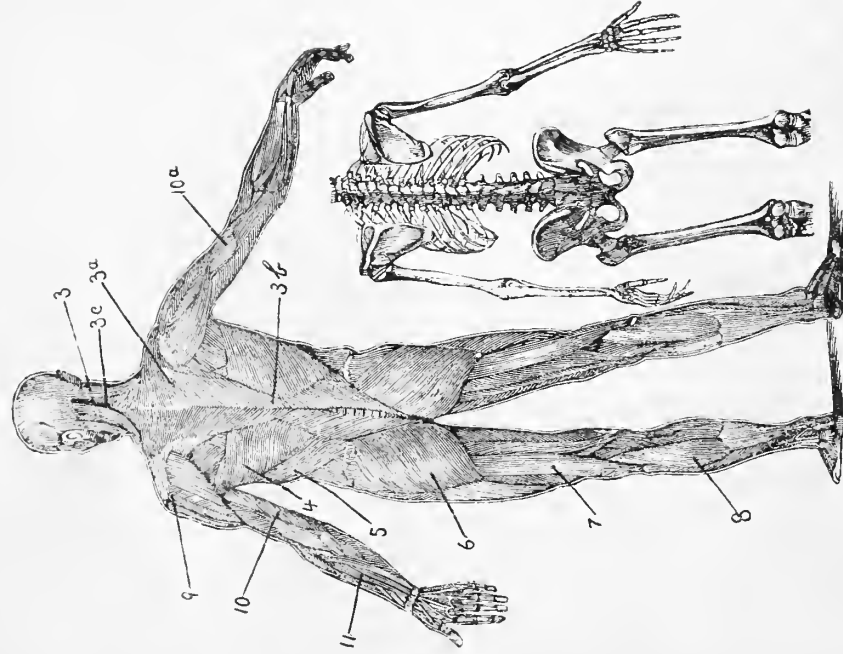
No. 17.—Tibialis Anticus or shin muscle.

No. 18.—Muscles at bottom of foot.

No. 19—Bicep or front upper arm muscle.

No. 20 and 21.—Supinator longus, Radialis and their group or forearm muscles.

No. 22.—Palm of hand muscles lashed around and running to the end of each finger.



BACK SECTION OF MUSCLES.

No. 3.—Neck muscle.

No. 3a.—Trapezius muscle attachment at shoulder.

No. 3b.—Lower point of Trapezius muscle at centre of back.

No. 3c.—Upper point of Trapezius muscle at base of skull.

No. 4.—Dorsel muscle at back of armpit.

No. 5.—Obliquus muscle or muscle at the loins.

No. 6.—Posterior muscle or gluteus region.

No. 7.—Biceps muscle back of thigh.

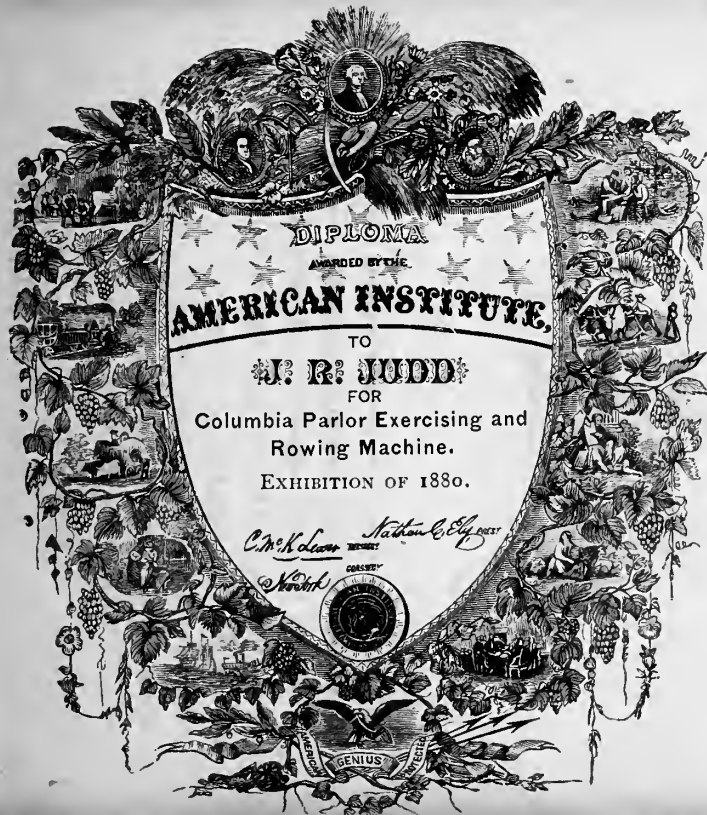
No. 8.—Gastrocnemius or calf muscle.

No. 9.—Deltoid or shoulder muscle.

No. 10.—Inner fork of Triceps muscle or inner part of back of upper arm

No. 10a.—Outer fork of Triceps muscle at outer part of upper arm.

No. 11.—Ulnaris and Digitorum or muscle of back lower arm and group



After thirty years experience in the science of Physical Culture I am of the opinion that there is no single apparatus heretofore invented where there can be obtained so great a variety of movements and diversity of action as from the

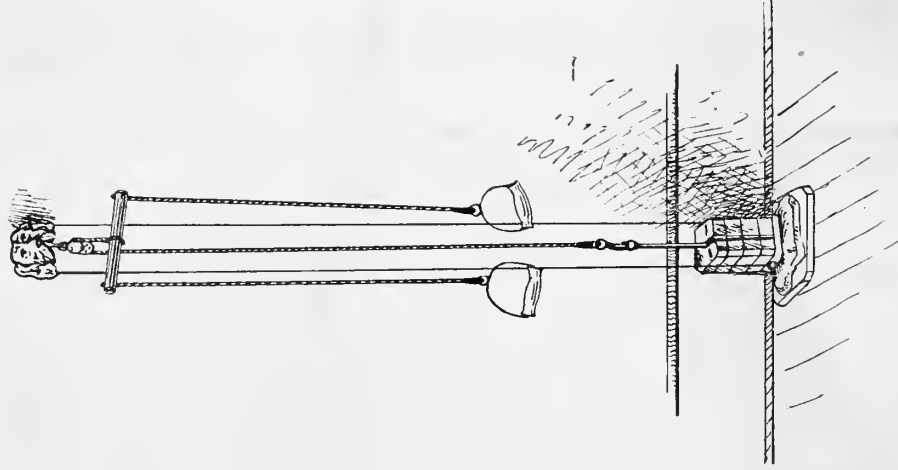
Columbia Parlor Exercising and Rowing Machine.

The numerous encouraging and complimentary endorsements of this apparatus which have been received from prominent Physicians and professional Athletes throughout the country, are a guarantee of its practicability, and attest its good qualities and ingenious construction; it is readily adapted to the use of the young or old, weak or strong, and easily adjusted to suit the strength of the operator.

Prof. J. R. JUDD, Inventor.

N. B.—Special attention given to Contracted Limbs, Paralysis, Hip and Spinal Affections, where exercise is required.

Use my goods and method of treatment and you will live long, be healthy and strong and of an active disposition.



After all the efforts of my enemies in trying to steal my invention I believe the same old machine (see cut) has never been equalled for home use, and in almost every pamphlet on exercising machines, general exercise and care of the body, my words can be traced and are taken from my pamphlet written in 1874, on weights and measures of men in condition, etc., quoting, as their authority the very person who made his début in the field of Physical Culture at the same time and place I did thirty years ago. *i. e.* Maclaren.

Respectfully,

JNO. R. JUDD.

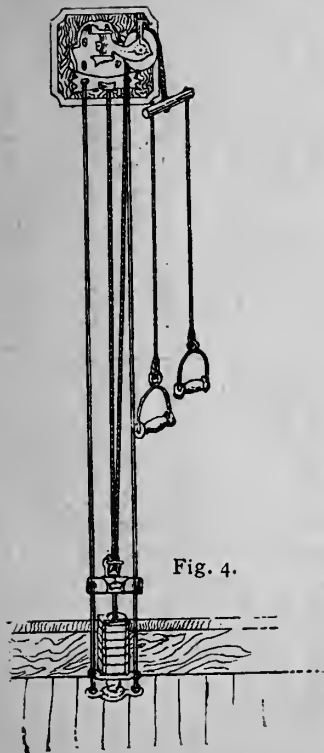


FIGURE 4.

This machine [see cut] is a new devise, the beauty of which is that it will pull twice the amount of weight you put upon it, takes up less room and works much easier than other machines, it has a double wheel swivel pulley and the drop is just as rapid as in any other exerciser, with no complications, satisfaction assured.

TO THE PUBLIC.

Having been thirty years in the profession, during which time I have trained and brought out many of the best professional and amateur athletes and treated many of our leading citizens for complaints under the head of physical treatment, and in cases of paralysis, contracted limbs, and chronic rheumatism, I have had to use different apparatus that require the deepest thought to arrange. I have also traveled extensively through England, Ireland, Canada and America, continually keeping posted on all exercising improvements. I find no apparatus on the market so useful, or equal in construction for durability, simplicity and compactness, or on which there can be so great a number of beneficial exercises performed, as upon my Parlor Exercising Apparatus.

FIGURE 5.

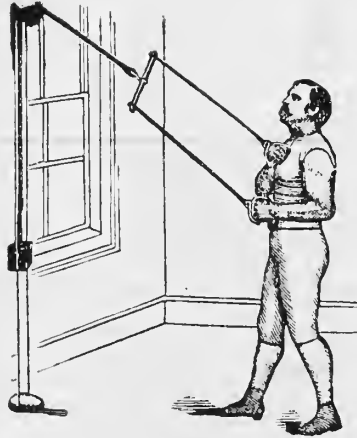


Fig. 5.

Stand facing machine [see cut] pulling both hands, first into right side then into left side as shown in cut. May be done twenty times each way. When pulling into left side you develop muscle of right arm from palm of hand following therefrom down forearm to inner part of bicep to pectoral muscle and up left forearm and back part of upper arm to the trapezium. When pulling to right side the muscles taken are reversed on each arm. Heretofore I have quoted this as a sparring motion although it does not take in the exact muscles used in sparring, for you must turn sideways to strike an effective blow in sparring, and furthermore the muscles must be loose to strike properly, which condition can not be attained in this motion.

HEALTH AND MUSCLE.

HOW TO PROMOTE LONGEVITY.

“The benefits of civilization extend to the body as well as to the mind. The longevity of the human race has in enlightened lands, for several generations, been steadily advancing, and although the adaption of the discoveries and progress in science and art to the common purposes of human existence proves, in some instances, detrimental to health, and dangerous and even fatal to life, it tends on the whole to prolong and to improve their conditions. Much has been done of late years to remedy some of the perversions and evils of civilization, especially those from which men penned up in

Continued on next page.

FIGURE 6.

Stand with back to machine (see cut), drop the arms down to their full extent, placing one foot before the other ; pull out and give back ; this also may be done with arms extended above the head and on line with the shoulders; with one arm up and the other down. In all these motions extend your arms as far as your strength will allow, standing in same position as shown in illustration. Muscles taken are from grip up forearm into Bicep and Deltoid, thence to Pectoral or chest muscle across the body to back muscles of legs, which are the resisting muscles of the whole pression.

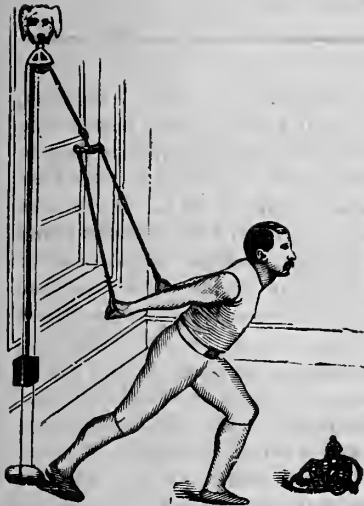


Fig. 6.

HEALTH AND MUSCLE Continued.

large towns and cities, and engaged in a sedentary or merely mind-taxing employment so frequently suffer. For their benefit gymnasiums have been erected, athletic sports and exercises revived, clubs and associations formed with the view of encouraging manly games and promoting physical strength and dexterity. The movement has produced the most gratifying results both in conducing to the development of muscular force and manual skill and to the more general participation in healthful recreation and enjoyment.

But there are many who have not the leisure or inclination to avail themselves of these popular advantages, who nevertheless need such physical exercise as is best calculated to keep the lungs sound, to expand the chest, promote digestion, restore and maintain the normal circulation of the blood throughout the body, to develop the muscles to their fullest size and power, and to give the whole muscular system an elastic, buoyant and healthful tone.

To meet this want in a home the machinery must be very inclusive and yet exceedingly compact and simple. We have examined and assayed various contrivances designed for this purpose, but have found all of them either imperfect and insufficient, or too complex and space-

Continued on next page.

FIGURE 7.

Take position facing machine [as cut], grasp handles with fingers toward you, then pull into the chin. This exercise develops Biceps principally, thence muscles over shoulders to back, to the front muscles of legs.

HEALTH AND MUSCLE.—*Continued.*

exactng, with the exception of Prof. Judd's Columbia Parlor Exercising and Rowing Machine, which fills all the requirements for physical exercises of the young and the old, male and female, sick and well, feeble and strong. We had frequently heard it commended before, but paid no heed to these incidental remarks in its favor until it was recommended to us by a doctor whose advice to us has always proved sound and beneficial, and in whose bedroom we found and tried the machine. As he affirmed that its daily use gave him a good appetite for breakfast and sound sleep at night, the writer had it put up in his own bedroom, an operation performed in a few minutes, and is happy to add that his experience proves that it merits all the praise bestowed upon it. Although it occupies little space and is hardly at all in the way, it is just as efficient for the improvement and maintenance of health and the development of strength as a fully equipped gymnasium. It is always at hand at the right moment for exercise, and will, to those who possess it, in many and indeed most instances annually repay its entire cost (\$10) many times over in the saving it will effect in medicines and doctors' bills, besides the blessings it will confer in health, without which, pleasure is impossible and suffering inevitable.

This parlor exercising machine can be tried at No. 103 West 36th Street, where Prof. Judd can be seen—himself a curiosity, for although he is not a large man, any one need but feel his pectoral, dorsal, deltoid, triceps, and biceps sinews, and the other extensors and flexors of his breast, arms and legs to be convinced that neither Diomedes, or Æneas, nor any other hero

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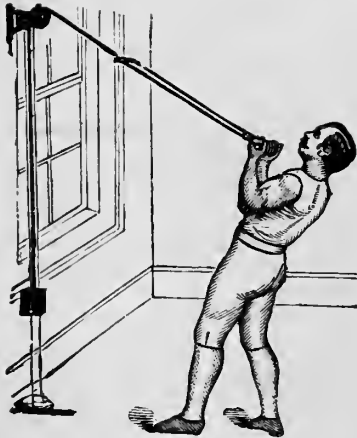


Fig. 7.

FIGURE 8.

Stand with right side to machine [as cut] grasping cross bar with hands, then pass hands to front of body pulling out and letting back weights. This motion takes the inner part of right arm up and into pectoral, and outer part of left arm leading to dorsal, trapezium, left loin and resisting muscles of right leg. Do this motion about fifteen times with right side towards machine, the same motion with left side towards, pulling out as far as possible to the front of you.

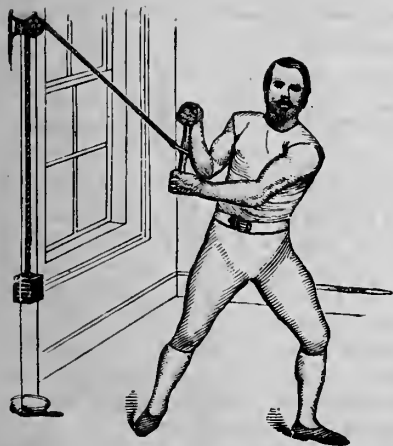


Fig. 8,

HEALTH AND MUSCLE.—*Continued.*

celebrated by Homer or Virgil could show a finer muscular development. And we who have to wield the pen all day or pursue some similar occupation calling the brain rather than the sinews into play, can, by these simple means placed within easy reach, keep ourselves in health and grow equals in puissance to the muscular heathens of classic Greece and Rome of whom we read so much in our school days.

It is a duty we owe ourselves and our Maker to give our physical as well as our mental constitution a fair chance for growth, health and improvement; for as Thomson sings:

"Ah! what avail the largest gifts of Heaven,
When drooping health and spirits go amiss?
How tasteless then whatever can be given!
Health is the vital principle of bliss;
And exercise of health."

—*Insurance Times*, N. Y. City.

No person whose physique has been allowed to deteriorate from want of exercise can realize the intense bodily enjoyment a perfectly healthy man receives from the lusty inhalation of the air or state of quiet mental repose that results therefrom. There is, too, an indefinable charm in the self-reliance of conscious strength and courage of its possessor. Without it life is shorn of half what it is worth living for, as many persons become con-

Continued on next page.

FIGURE 9.

Take position as shown in cut. This motion is exercising muscles of lower arm, front part of forearm, biceps, front of deltoid into pectoral, of upper arm from hand down the under part of forearm to inner part of bicep thence to pectoral³ and the back part of legs, as they are resisting the whole pressure.

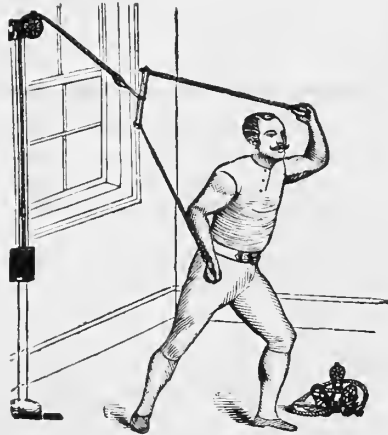


Fig. 9.

HEALTH AND MUSCLE.—*Concluded.*

vinced when they are too far gone to recuperate. In this view it becomes as desirable that the system of physical development shall be adopted by the old as well as the young; the girl, the boy, the woman as well as the man; for health and strength are at the foundation of all goodness, morality and happiness.

Exercise on the machine should be taken in the morning by both sexes in order to stretch the muscles after their long night's rest, and to stir the blood into the pace of circulation proper for the waking hours. The dress for exercise should be loose, in order that the muscles may have free play.

Were mothers to enforce on their children a systematic course of gentle exercise with the view of aiding nature to accomplish her designs in perfecting the body, there would be fewer invalids struggling into manhood or womanhood. As it is, a vast majority of people bring up shadowy families without an idea of how they should live and act to secure perfect health, the full development of the physique and faculties, which under proper encouragement would be possible, and by right of human nature should be theirs.

FIGURE 10.

Take position as shown in cut, pull out well forward and let back, at the same time leaning back ; fifteen to twenty motions are sufficient. This is a splendid exercise for any person as it raises the diaphragm, and walls of the chest, extends all the muscles from the abdomen up, and the resisting muscles of the back of leg. You will perceive how the chest is elevated at A, the abdominal muscles are also taken, the inner fork of tricep, bicep and forearm.

Columbia Parlor Exercising and Rowing Machine.

The American Institute Fair seems to cover every department of trade, manufacture and amusement known at the present day, and perhaps none of the exhibits attract greater notice than the Columbia Parlor Exercising and Rowing Machine. * * * They are so simple and so effective that they are being adopted by schools, colleges and gymnasiums throughout the world, while they are as practical for home use, as they can be hung up behind the door and take up but six inches space. * * * These Machines were invented and are manufactured by Professor J. R. Judd, of 101, 103 and 105 West 36th Street, who has been well known for years among our upper circles as a professor of physical culture.—*Com. Bulletin.*

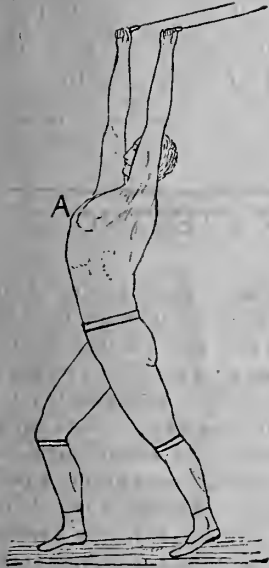


Fig. 10.

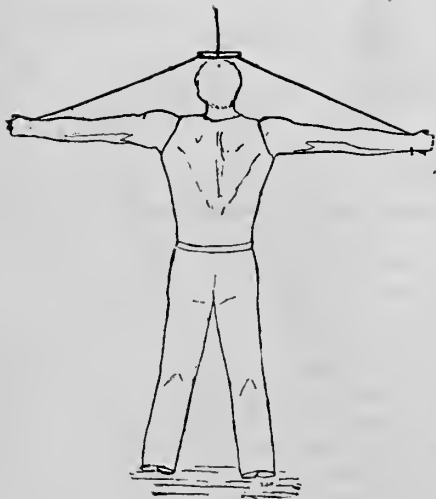


Fig. 11.

FIGURE 11.

Take position as shown in cut, facing machine with arms perpendicular above head, bring down to horizontal position as in fig. This exercise takes the muscles down the back of arms to deltoid or back of shoulders, into the trapezium muscles or the muscles between the shoulders.

A FEW BRIEF HINTS ON DIETING.

To prescribe what is proper to eat it is necessary to know the condition of the body, and whether required to increase or decrease weight or to train for any athletic feat. Also to know the amount of labor performed, and whether mental or bodily. And if in or out doors, in city or country. And after studying a person's nature and needs, prescribe accordingly; for either case it is necessary to refer back to what has been eaten or drank at two or three previous meals, also to know the present state of the stomach; if bilious or eating heavily for several previous meals, it is proper to prescribe something light and in every case as near to a person's liking as possible, forbidding anything you feel confident would have the opposite effect to your intentions. Of meat or butter, if any, only a small quantity should be allowed, and no rich substance, such as chocolate, scups, pork, pastry, or preserves, and a very little or no milk or sugar. If very bilious, use acidulous fruit and bread for a single meal without other food.

Continued on next page.

FIGURE 12.

Standing with side to machine and pulling with arm nearest to it as in fig. 12 The deltoid muscle or muscle on top of shoulder is developed by this exercise which should be done about ten times with each arm.

HINTS ON DIETING.—Continued.

TO REDUCE WEIGHT.—Use as little liquid of any kind as possible, no rich substances as above stated, and only such vegetables in season that are green in color, (more effective eaten raw,) and plenty of them. Also fruit of an acidulous nature, and do everything as rapidly as possible, except eating. Plenty of walking exercise.

TO INCREASE WEIGHT.—Act just the reverse you would to reduce the same. Eat and drink as much food as the stomach will properly digest, such as made dishes of meat, all kinds of vegetables, oatmeal, coffee, chocolate, plenty of milk, sugar, and soups; also mild fruits, preserves, bananas, prunes, figs, and dates, to lightly aid digestion, and easily purge the bowels; and be sure and take everything easy. If to keep at a medium weight, mix the two.

IF TO TRAIN FOR ANY ATHLETIC FEAT, regular habits, eat plenty of meat, steak and mutton, bread and no fat or rich substances of any kind, hard vegetables, such as peas, beans, etc., rice, wheaten grits oatmeal, etc., a few green vegetables, and a little fruit. Drink after eating, and as little liquids of any kind as possible, no spirits, and work energetically at the feat you are training for; plenty of rubbing and bathing, keep the teeth very clean, and eight hours or more rest, retiring about 9 P. M.

BODILY AND MENTAL LABOR.—More food is necessary for bodily labor than mental, such as meat of all kinds, and vegetables, potatoes, peas, beans, etc. For mental labor it should be food easy of digestion. Fruit, oatmeal, fish, and a small quantity of other food, and no oily or rich substance.

For further particulars on these subjects, see.

PROF. J. R. JUDD, 101, 103 & 105 West 36th Street.



Fig. 12.

FIGURE 13.

Cut shows a special forearm motion on pulley weight. Grasp handles and pull hands into wrists moving only the wrists, making the motion in every direction you can from twenty to forty times.



Fig. 13.

HEALTH

The question as to how we can cultivate and maintain a proper state of physical health is a problem of the highest importance, not only to the present, but to the rising generation. It is one, however, that is not at all difficult of solution, providing certain conditions are considered and a regular system is adopted. In the first place it is necessary that the body should be kept in a perfect state of cleanliness ; secondly, to take care to eat and drink the right kind and proper quantities of food ; thirdly, to secure sufficient rest, so that we may thereby be more able to take *sufficient exercise* by which the body may be strengthened and made capable of undergoing fatigue ; fourthly, and above all, to attend to the functions of nature properly.

All persons who are engaged in sedentary pursuits, or placed in such positions where they cannot exert their body, during their ordinary avocation, enough to cause good circulation and glow of heat, should strive to employ some other exercise sufficient to effect this desired result at least once a day, in order that a proper state of physical health may be attained.

It can readily be perceived by perusing the following facts, that exercise causes good circulation of the blood, and brings into action every portion of the system, thereby causing perspiration by means of which the impurities are being continually passed off both internally and externally, internally through the natural organs and externally through the pores of the skin. The blood, if in

Continued on next page.



Fig. 14.

FIGURE 14.

Stand with side to machine, with arm farthest away grasp handles and pull over head (as cut) then let weights back.

This cut shows a motion where the dorsel muscle or muscle at the back of armpit is brought directly into play with the muscles of the side passing over the opposite hip and outer leg muscles which are the resisting muscles while pulling.

HEALTH.—*Continued.*

good condition, in its circulation replenishes a similar substance to that which is being continually used up by the action of the body, which if daily supplied with proper nutriment will go to make good flesh, add strength, and vice versa. If the waste of a corpulent person is greater than the supply, of course the body becomes less. This is the principle upon which they are reduced. They do not, however, lose strength, but the reverse, if the waste is caused by exercise, inasmuch as it makes them more spirited, the power of the lungs and all the internal organs become greater and the fat less, giving the former more room for expansion. It also makes the mind more active and better able to bear a strain. Weakness may be caused by reducing the body too rapidly—by over exertion, straining, disease, insufficient nourishment or want of rest.

For instance, I have said that exercise causes every portion of the system to act more rapidly. The digesting process becomes much quicker and the absorbing system more ready to take up that which is prepared for it—namely the chyle, which is the extract from the digested food, and must contain its same properties. All of which goes to show that the substance of what we eat or drink is absorbed into the system to sustain life or otherwise. By this you may understand that you cannot obtain good qualities out of bad food. Water will not supply you with as much nourishment as milk; nor turnips

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FIGURE 15.

STAND FACING MACHINE (AS CUT.)

The upper motion develops the muscles from the back of hand down upper arm, over shoulder, down back to the small thereof, thence to resisting muscles of fore part of legs. The lower motion takes the muscles leading from the palms of hand to under part of upper arm into chest and resisting muscles front of legs. The middle motion takes back of arm tricep, trapezium or muscles between shoulders down to small of back, front muscles of legs resisting.

as beans ; nor potatoes as rice ; nor fat meat as lean ; nor chaff as flour, etc. Nor can you hope to extract lasting strength from spirits, opium, tobacco, spices, tea, coffee, pickles, etc. How is the race horse brought to such perfection ? By training, meaning thereby, "care," constant exercise, plenty of ablutions and rubbing, with good solid food of the right kind and proper quantities. It would not do to feed a horse on grass, hay, or cut feed, if he had any great amount of work to do. Think of the human being in the same way. We could not expect to take five to ten pints of water, beer, coffee, tea, etc., with a great quantity of vegetable food, soup, pastry, etc., and be as active, as strong or as well as the person who drank one or two pints and ate the proper quantity of plain, nourishing food per day.

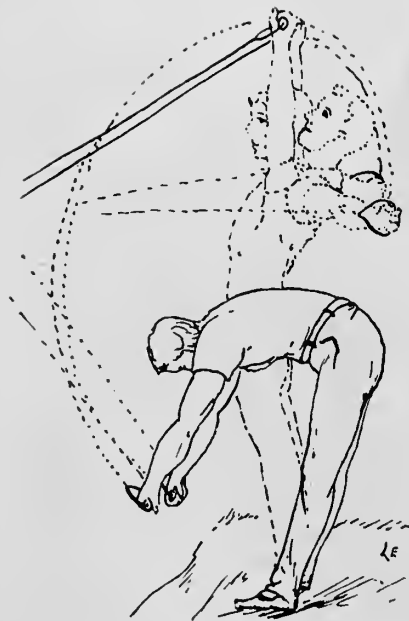


Fig. 15.



Fig. 16.

FIGURE 16

(STAND WITH BACK TO MACHINE AS IN CUT.)

This is a splendid motion if done properly, taking muscles from the hand down and up to the pectoral or chest muscle, at the same time the leaning back brings into play the abdominal muscles reversing the position of the arms, right up and left down at each pull out, always changing the arms from up and down in front of the body, letting the hands pass close together.

MORNING RULES.

By observing these rules the processes of life and its powers of repairing are benefited, enabling you to obtain and retain health and keep you in good condition.

After arising in the morning, first attend to the necessities of nature, and if not taking a bath rub the body all over with a flesh glove, hair brush, or very rough towel—a piece of coarse sacking will answer. Either may be soaked in strong salt water, and hung up to dry for use. The latter process hardens the skin. After using gloves or brush, it is better to wipe off with a soft towel, always finish by rubbing downwards, as it closes the pores. The lower part of the body may be attended to first in winter, then don the drawers and socks. A slim person, or one with any ailment of the stomach should always protect it with covering, more especially in winter; to do this tie your undershirt around your body part in front, then attend the upper part; after which put on undershirt and bathe well the face, temples and back of the neck in cold water, then rub well with towel, especially the back of neck. Water is beneficial, if only wetting one end of a towel to rub with, and a bath all over is necessary occasionally.

An artificial method to awaken and enliven you quickly, or to keep you awake, is to inhale freely through the nostrils from a bottle containing a little spirits of camphor and ammonia.

Continued on next page.

FIGURE 17

These cuts show a skull cap made by me, will hold perfectly tight on the head. This device has long been wanting for the development of the head, can be used either with pulley weights or bean bag. Price \$2.00 each.



Fig. 17.

MORNING RULES.—*Continued.*

Next wash the teeth. Dirty teeth cause a bad taste in the mouth. The best way to avoid this, and at the same time harden the gums, is, in the first place, to have the mouth properly cleaned by a dentist, after which wash them every night and morning, and when the gums are healthy, you can wash them with a brush without bleeding.

In case of decayed teeth, have them built up or filled, it is much better than having them extracted, as false teeth can never equal natural ones.

The causes of waking up with a foul mouth in the morning, is more often from neglect to wash the teeth over night than from any other cause, thus allowing the small particles of food which have lodged between the teeth to become decayed,

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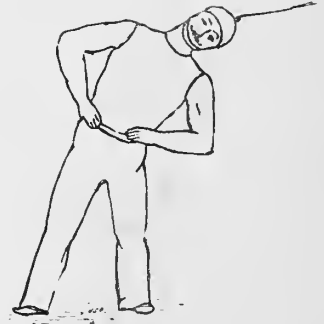


FIGURE 18

Side to machine pulling from straight arm, curling hand round into the chest. Is a good chest muscle motion, develops front of deltoid bicep and forearm. Should be done about 15 times, with each hand, or more as you feel like it.

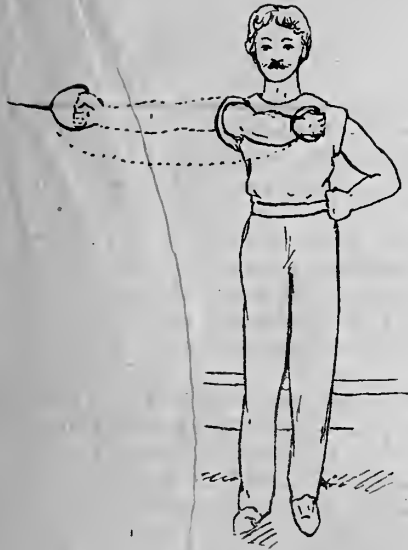


Fig. 18.

MORNING RULES.—*Continued*

If taking a bath in the morning, as a general rule, the head should be the first part wetted. The water should be as cold as it is in summer, and the bath taken quickly. Soap may be used under the arm-pits and private parts twice or three times a week in summer; but in winter, once in every seven days is enough. Cold water should, at all times, be used in summer. If bathing in fresh water for strengthening purposes, the body may be afterwards sponged over with salt water, made in the proportion of a cupful of salt to a quart of water. This will act as a preventive from catching cold. After bathing, be sure and rub perfectly dry, which should be done quickly with a soft towel; or cover yourself with a sheet, to remove the drops of water standing on the body; then rub with a dry towel, to remove the dampness remaining; also a third time with another dry towel. Then rub well with the bare hands up and down, but finish by rubbing downwards. If in winter, after bathing, be sure and stand on a mat or carpet. When dry, good Bay Rum may be applied around the loins, down the spinal column and private parts and may be used all over the body in cases of weakness, or as a preventive from catching cold, as it stimulates the circulating system, causes more action of the nerves and more heat. It is also a remedy for pains in the back. If, however, this cannot be obtained, the best

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FIGURE 19

Stand facing machine, holding handles with thumbs over, back of hands towards you, pulling downwards with straight arm by your side, do this about 15 to 20 times or more, this exercise develops the tricep muscles of arm, or muscles at back of the arm; leading from back of shoulder down the arm at inner and outer part tapering off to nothing towards the elbow.

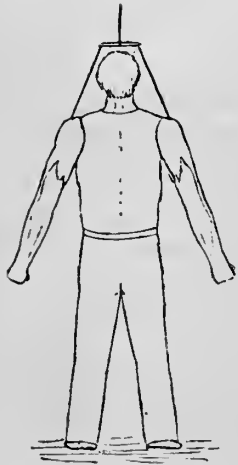


Fig. 19.

of other spirits may be used. Bathing should be avoided on a wet or cold windy day, unless prescribed by a competent person, as one is more likely to catch cold. Regulate your underclothing according to the weather. If damp or windy, warm clothing is needed. Good, thick underclothing will protect the body better than an overcoat.

Before breakfast a little exercise should be taken, to put all the organs of the body in their ordinary action and pressure, and drain the receptacles of any sluggish substance that might be lurking therein, so that when the stomach receives fuel, it is more ready to act upon it and prepare it for distribution with double rapidity, and give you that full glow of life which we all want to feel daily. If you do not wish to exercise indoors, dress, and take a walk or attend to business for an hour or so. A few minutes' rest, however, is necessary before eating.

The benefits of exercise ; brightens the eye, quickens the hearing, increases the wind, elevates the mind, increases the appetite, causes good digestion and regular action of the bowels, prevents sickness and bad vices. All the good qualities which by its means may be secured, certainly make a man more fit and able to attend to his ordinary avocation, whatever it be, while at the same time it enables him to act with more decision in case of sudden emergency than he otherwise would be.

To quicken the mind and give power and agility, proper nourishment with good care of the body is the only true way.

“But as a rule, those that have time and wealth,
Would rather attend their hobby than their health.”



Fig. 20,

FIGURE 20

This exercise is a good loin motion, on the left side motion the right side is being well exercised the inside of the left arm down to the chest and outside of right arm down to the side, when turning to the right the muscles taken are on the opposite side. Should be done 10 times each way or more for strong man.

TO THE MEDICAL PROFESSION, ATHLETES AND INVALIDS.

This Machine when put up requires no adjusting. When you get up in the morning there it is ready to work at in your night shirt, if you desire, and one minute's pulling on the machine will enliven you.

THIS APPARATUS can be especially arranged so that its employment may develop the pectoral, dorsal, and loin muscles.

If desired, it may be put up with two sets of weights, and may be made serviceable to cripples who may operate it while in a recumbent attitude. In the cases of contracted arms or legs, or where the subject is afflicted with spinal curvature or paralysis, it is superior for affording permanent relief to any other plan or process yet invented.

The virtues of the COLUMBIA PARLOR EXERCISING AND ROWING MACHINE in these cases, lie especially in its **steady pressure**, there being no **jerking** or **false motion** to shock the person exercising, as where springs or rubber are employed.

FIGURE 21

Stand with back to machine. This with the upper motion, see page 10, is the best chest exercise that can be had on the Pulley Weights, the leading muscles therefrom must be brought into play, also the bicep and forearm muscle.

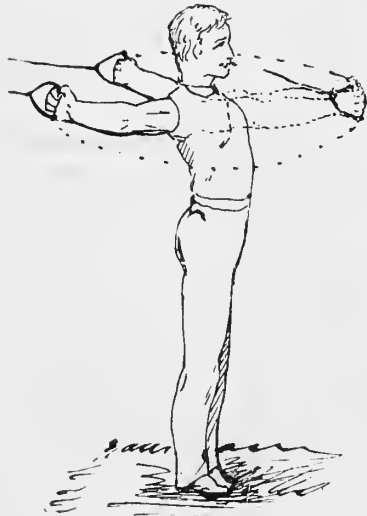


Fig. 21.

FIGURE 22

Stand with side to machine. This is a good bicep and pectoral motion to upper part of forearm and the upper motion for deltoid or shoulder muscle and the muscles leading to and including thumb, outer motion for grip on the let back, this may be done 10 times alternately each way and 10 times extra downwards for chest, not upwards.

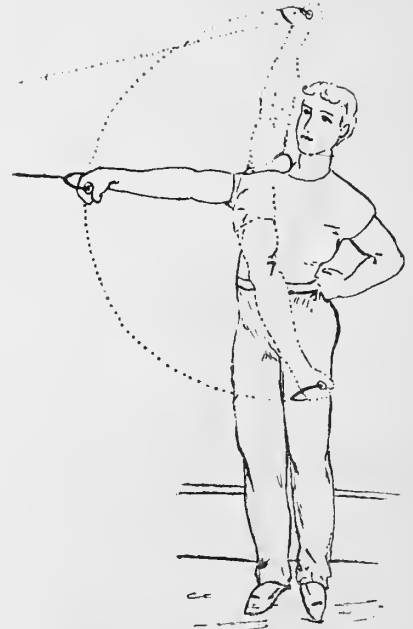


Fig. 22.

FIGURE 23

Stand facing pulley (see cut) pulling both hands towards and by the left side, turning body round as much as possible without moving the feet. The muscles taken are back of left arm running into Trapezium muscles and left loin, under part of right arm into pectoral. When pulling to right side the muscles taken are reversed on each arm.

FIGURE 24

Side to weights, exercise with arm farthest away from machine. Muscles developed are from hand down the back of forearm to back upper arm, into trapezium muscle taking right loins. Do this about 10 times, first with left arm then right.

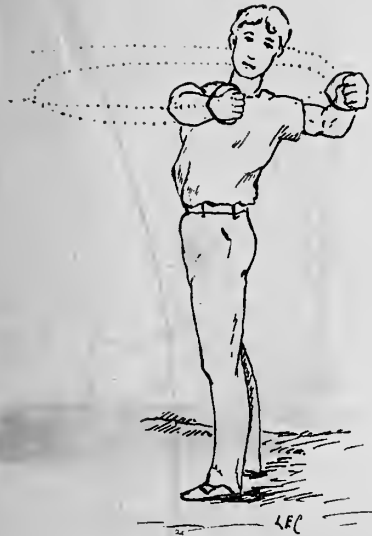


Fig. 23.

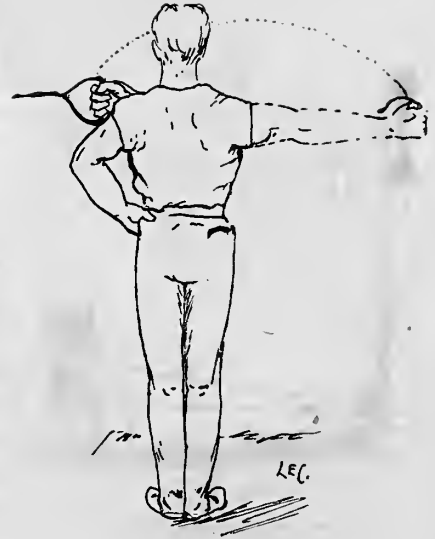


Fig. 24.

FIGURE 25

Take position front of machine sitting on the floor, pull up and lay down until the hands come over the forehead. This motion takes muscles from and in line with palm of hand, down forearm to biceps or upper arm, over shoulder, down to small of back. This is good for general exercise, corpulent persons especially—also for ladies.

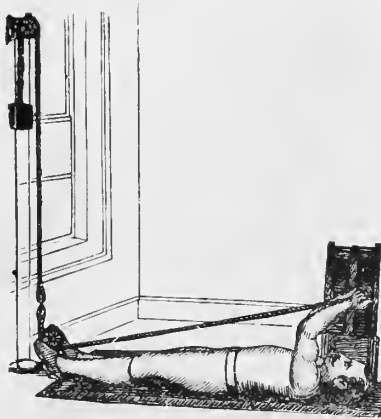


Fig. 25.
(Lower pulley attachment.)

FIGURE 26

ROWING POSITION.—Take a sitting position as shown in illustration. Push and pull out, bringing the hands in to the waist: sliding the seat with the body as you push out and let back. This exercise develops the flexor muscles of the arms and the extensor muscles of the legs, running down the back from the deltoid, trapezium, dorsal and loin muscles, and not the chest, as those selling rowing machines claim they do.



Fig. 26.
(Rowing Box attachment.)

FIGURE 27

Rowing position—finish stroke—this will be found a light, pleasant and useful exercise for ladies and children, especially developing the loin, muscles, and strengthening the small of the back.

FIGURE 28

Take first position as in rowing, with the fingernails towards the operator, then raise the arms as shown in illustration. Can either slide or have seat stationary. This develops mostly the forearm, biceps, deltoid, and so on down the back as in former exercises with this change: it puts the upper muscles of the arms mentioned to as great a test as any exercise that could be devised for this purpose.



Fig. 27.
Rowing Box Attachment.

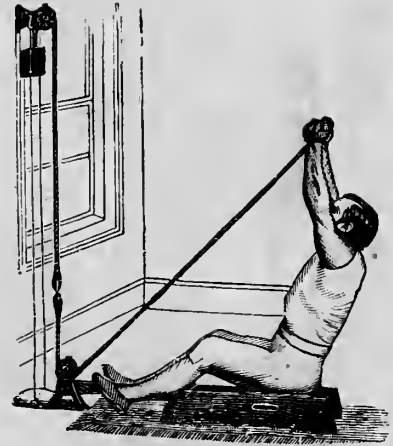


Fig. 28.
Rowing Box Attachment.

LIFTING MOTION, FIG. 29

Grasp rowing handle fingers upwards, lift up to the chin, so on continue, it may be done sitting down on fore part of feet, or without bending legs, and with back to machine lifting between legs, fingers towards you, be careful not to fall backwards in the latter position.



Fig. 29.

LEG MOTION, FIG. 30

Take rowing handle from rope and attach strap there about 2 feet long, take a chair to balance by, adjust strap around ankle, standing on one foot pull out and let back to develop four sides of leg, face east, west, north and south, pulling several times in each direction, this cut represents position exercising front muscles, work each leg similar. Perform this motion, each direction, about 12 times, try to keep the leg stiff.



Fig. 30.

FIGURE 31

ROUND SHOULDERS OR SPINAL CURVATURE.

—The illustration represents a boy upon a stool exercising for the development of the chest, and drawing the shoulders back. This is an excellent exercise for curvature.

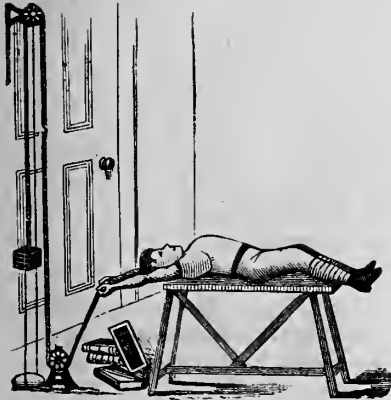


Fig. 31.

RUBBER MACHINE.

FIGURE 32.

The above is a new invention I devised a short time ago, finding that persons objected to putting screws in their door, I have put this on the market to supply the want. The machine is hung on a rod hook which hangs on top of the door, and the more you pull the tighter the hook fastens. The pulling pressure is with rubber straps, three different strengths. Especially adapted for travellers and private houses. Price \$3.50.

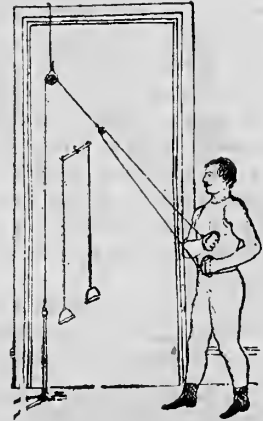


Fig. 32.

WEIGHT AND MEASUREMENT AS A TEST OF PHYSICAL CONDITION.

The writer has found, in his experience, that a man's weight, in good condition, cannot be accurately judged by the measurement of his chest alone, and to arrive at a definite conclusion in this regard it is necessary to measure also the neck, wrist, ankle and chest, as explained in the accompanying table.

To illustrate the effectiveness of this table, as a guide, attention may be called to the difference, apparent to the most casual observer, between a race horse and a draught horse. The latter has more muscle, breadth, bone and strength than the race horse of the same *height* and *length*. The race horse, although standing as high and measuring as long as the draught horse, not having as large bone cannot carry so much flesh, neither was it intended he should.

A man preparing for a wrestling match, lifting or throwing a stone, may be much heavier than one training for any rapid motion, as running, fighting, racket or hand-ball.

TABLE SHOWING WHAT A MAN SHOULD WEIGH WHEN IN
GOOD CONDITION.

Commencing with the measurements at five feet as a rule, and then adding additional allowance for extra measurements, as stated in the following table :

(These measurements should be taken very tight on a corpulent and loose on a spare person.)

MEASUREMENTS.

| | |
|---------------------------|-------------|
| Height..... | 5 Feet. |
| Weight..... | 103 Pounds. |
| Neck..... | 12½ Inches. |
| Chest, (uninflated,)..... | 32½ " |
| Wrist..... | 5½ " |
| Ankle..... | 7¾ " |

ALLOWANCES.

| | |
|--|------------|
| For every inch in height add..... | 1¾ Pounds. |
| For every inch around neck add..... | ¾ " |
| For every inch around chest add..... | 1 " |
| For every ½ inch around waist add..... | ½ " |
| For every ½ inch around ankle add..... | 1½ " |

The above tables will be found accurate and reliable, as they have been repeatedly tested by the author, and represent the result of his personal observation after having measured over 3,000 men, in condition, during his professional career.

It is not, of course, asserted that a very good condition of health, may not be enjoyed by some persons whose measurements do not conform to the above tables, but such persons cannot be regarded as specimens of symmetrical development, or of true physical proportion.

As a guide to those who wish to make careful notes of their relative condition and to study their physical improvement I have arranged the following simple table for measurements, which should be taken with the limbs extended and not contracted.

General shape of body on commencing should always be made note of. For instance, if the right hip stands out more than the left; difference in shoulders, if any; if the spinal column is erect; if the person lean forward or back, etc.; and statement of their general health. Then you can follow a proper course of treatment.

| | |
|--|--|
| | Date. |
| | Name, |
| | Age. |
| | Height in stocking feet. |
| | Weight without coat and vest. |
| | Neck below apple. |
| | Chest contracted, close around under arms and above nipples. |
| | Chest inflated, " " " " " " |
| | Width of shoulders. |
| | Upper arm. Right. Straight arm. |
| | Upper arm. Left. " " |
| | Fore-arm. Right. |
| | Fore-arm. Left. |
| | Waist. |
| | Hips. Largest part. |
| | Thigh, right. Thickest part. |
| | Thigh, left. " " |
| | Calf. Right. |
| | Calf. Left. |

The following tables I have changed from my former issue of 1874 (which I notice has been used to a great extent by professional men and dealers in general, they making a slight change in order to make it appear different, the 1874 table being the first introduced to the public). The change is to show the three distinct weights of athletes.

1st. Runners, including cross country, hurdle jumpers and lacrosse players in good condition.

Five feet, 0 inches, 99 to 102 pounds.

| | | | | | | | |
|-----|---|----|---|-------------------|----|-------------------|---|
| " | " | 1 | " | 101 $\frac{1}{2}$ | to | 105 $\frac{1}{4}$ | " |
| " | " | 2 | " | 104 $\frac{3}{4}$ | to | 108 $\frac{3}{4}$ | " |
| " | " | 3 | " | 108 $\frac{1}{4}$ | to | 102 $\frac{1}{2}$ | " |
| " | " | 4 | " | 112 | to | 116 $\frac{1}{2}$ | " |
| " | " | 5 | " | 116 | to | 120 $\frac{3}{4}$ | " |
| " | " | 6 | " | 120 $\frac{1}{4}$ | to | 125 $\frac{1}{4}$ | " |
| " | " | 7 | " | 124 $\frac{3}{4}$ | to | 130 | " |
| " | " | 8 | " | 129 $\frac{1}{2}$ | to | 134 $\frac{1}{2}$ | " |
| " | " | 9 | " | 134 | to | 139 $\frac{3}{4}$ | " |
| " | " | 10 | " | 139 $\frac{1}{4}$ | to | 145 $\frac{1}{4}$ | " |
| " | " | 11 | " | 144 $\frac{3}{4}$ | to | 151 | " |
| Six | " | | " | 150 $\frac{1}{2}$ | to | 157 | " |

The A-1 walker or acrobat in good condition should weigh a trifle heavier than noted in the above table.

2d table for fighters, base-ball and foot-ball players, gymnasts, swimmers, oarsmen and wrestlers, except Greco Roman who will come in the heavy class.

Five feet, 0 inches, 102 to 105 pounds.

| | | | | | | | |
|-----|---|----|---|-------------------|----|-------------------|---|
| " | " | 1 | " | 104 $\frac{1}{2}$ | to | 109 $\frac{1}{4}$ | " |
| " | " | 2 | " | 108 $\frac{3}{4}$ | to | 113 $\frac{1}{2}$ | " |
| " | " | 3 | " | 113 | to | 117 $\frac{3}{4}$ | " |
| " | " | 4 | " | 117 $\frac{1}{4}$ | to | 123 | " |
| " | " | 5 | " | 122 $\frac{1}{2}$ | to | 128 $\frac{3}{4}$ | " |
| " | " | 6 | " | 128 $\frac{1}{4}$ | to | 135 | " |
| " | " | 7 | " | 134 $\frac{1}{2}$ | to | 142 | " |
| " | " | 8 | " | 141 $\frac{1}{2}$ | to | 149 $\frac{3}{4}$ | " |
| " | " | 9 | " | 149 $\frac{1}{4}$ | to | 158 $\frac{1}{4}$ | " |
| " | " | 10 | " | 157 $\frac{3}{4}$ | to | 167 $\frac{3}{4}$ | " |
| " | " | 11 | " | 167 $\frac{1}{4}$ | to | 178 $\frac{1}{4}$ | " |
| Six | " | | " | 177 $\frac{3}{4}$ | to | 189 $\frac{3}{4}$ | " |

3d table for strong men, lifters and dumb bell pushers the average is about 10 pounds more all through the above table.

In the preceding tables the height given is to be taken in the stocking feet and the weight is given for a person from 21 years of age to 23 years, after that he will increase, if healthy, in the first class 1 lb., in the second-class 2 lbs., and the third-class 3 lbs., every year up to 38 years when he is up to about his highest weight and not more if he takes good care of himself and not indulge in liquor, ales, beers, etc. If he does not take this latter precaution he will increase much more.

A man competing for any of these feats will immediately see the weight he ought to be within a pound or two.

I have been composing these tables for a long time and find them correct.

A person may commence at less than the lightest weight given in either of these tables and if healthy and continues to exercise properly, will increase in weight from year to year as he grows older, until he reaches the heaviest weight given if he be properly classified.

The following cuts show two new devices I have arranged for the development of the leg and extension of the body, which, I suppose, will be claimed by others as have been so many of my inventions. The extensor machine (see back cover) I can make in many ways for individual use, Gymnasium or Institute, it is not fully illustrated in this cut, only sufficient to show it can be used for a special purpose. Arrangements will be made with any Doctor or Specialist to build them for special purposes at reasonable prices, though not without a deposit. The Tilting Leg Machine we keep constantly in stock, the price of which will be \$8.00.

Cuts on following pages.

FIGURE NO. 1.—The lower motion of this cut, represents a lifting motion and takes the back part of thigh mostly or biceps thereof stand as cut represents, with back to machine and place heel of foot well under padded part of tilter and lift up 8 or 9 times, being very careful at first not to do too much as this is as severe a motion as can be performed on any apparatus for these muscles.

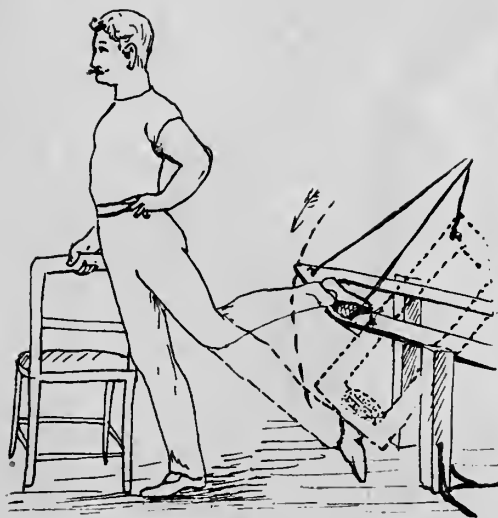


Fig. 1.

Remember the further you stand away from the machine the greater the leverage and the test to the muscles more severe ; in this motion the calf is exercised, but only moderate in comparison to the rest of the thigh. The downward motion of Fig. 1 is to exercise the tendons of instep, ankle and shin muscles if done with bent knee, if done with straight leg the front thigh is effected also and put to a severe test. The more the toe is used and the further you

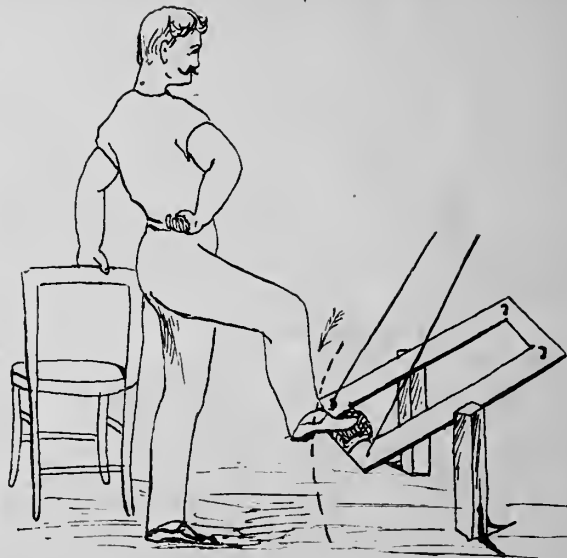


Fig. 2.

stand from the machine the greater test to the muscles. These motions should be performed one after the other and with each leg alternately as by doing so the muscles are relieved from severe contraction which might occur if the exercise is carried on to excess and not relieved by the alternate exercise which relaxes and draws the blood away from opposite muscles of the part of limb exercised.

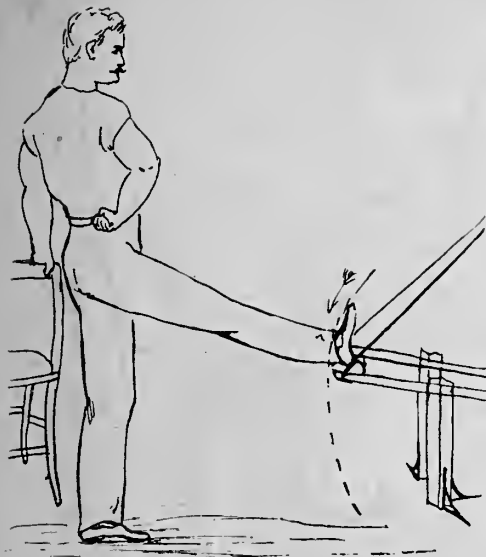


Fig. 3.

FIGURE NO. 2.—This exercise is for the development of the calf, the more the toe is used the more severe the exercise, with bare feet is the best, this motion should be done 20 times without letting the weight touch the floor.

FIGURE NO. 3.—Shows an exercise for the muscles from the heel to the posterior muscles giving them a good test, Stand sufficient distance away to keep the leg straight, this you will find rather difficult.

FIGURE NO. 4.—Is to exercise the outer muscles of the thigh. This is done by standing sideways to

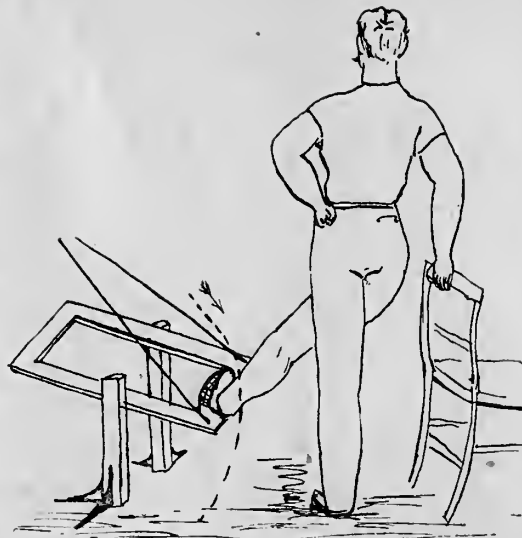


Fig. 4.

the machine on leg nearest to it and of that foot down on the rubber parallel therewith and bare downwards raising weights say 10 times or more without resting and so on with other leg body reversed while balanced with chair.

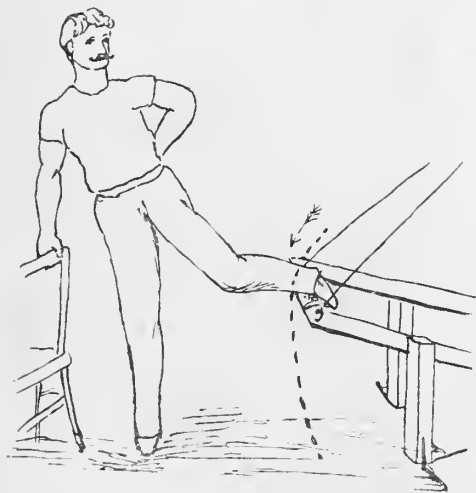


Fig. 5.

FIGURE No. 5.—Is for the inner muscles of the leg up to the groin, stand sideways well away from the machine and with inner part of foot of leg nearest machine placed along rubber parallel with tilter, pull downwards say 12 to 15 times with each leg.

FIGURE No. 6.—Shows machine more perfect and it is changable by changing the attachments of rope from front to rear so as to lift up or pull down, showing foot in the act of lifting up or down for calf and shin exercise, the downward motion is for the muscles of bottom of foot up to the calf and the upward motion for the shin.

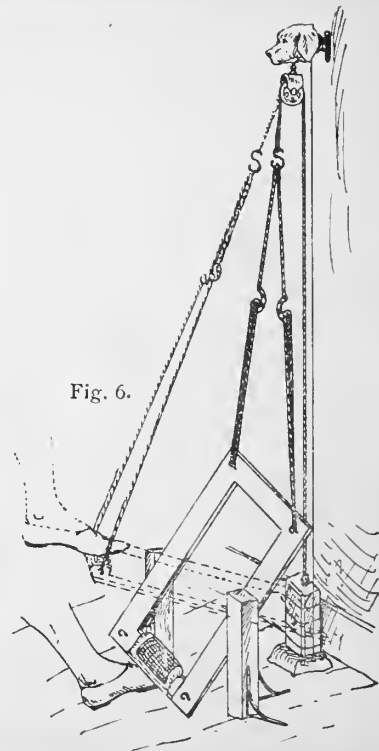


Fig. 6.

Directions for Putting up the Columbia Parlor Exercising Apparatus.

FIRST.—Insert screw hook 7 feet high on the thickest part of door or window frame, leave a quarter of an inch space (only) to hang on Dogs head (No. 1.) with its attachments, **U** hook and pulley (No. 2.) The groove in back of Dogs head is made to hang it on a round moulding.

SECOND.—Hitch snap hook on to rod weight (No. 3.)

THIRD.—Attach hook on cross bar to rope running through pulley then by pulley handles raise weights half an inch from floor, steady it then as a plumb-bob, turn the guides through which wire passes to right and left and see they are direct over hooks on hook plate (No. 4) which should be parallel with the wall—then screw the hook plate down to floor.

FOURTH.—Straighten wires; hitch ends to plate hooks and to thumb-screw hooks in dogs head, screw them up tight, hold hook ends while turning thumb nut. Put bag between wires; then pulleys are ready to use. The weights should not strike pulley or floor when exercising. Oil wheels and wires occasionally.

To Adjust Lower Pulley.—Put ends of dovetail (No. 5) half an inch from hook plate; screw holes opposite. Be sure you insert screw straight in (front) and one in back, then slide in pulley projection towards you. Put pin in hole of dovetail to hold it. For **ROWING**, disconnect pulley handles and connect lower pully rope. Place sliding seat box straight in front of pulley, with extension bar out full length. Connect it to pulley by pushing the end under cross-bar in centre of pulley then put connected pin through hole on side of lower pulley to hold bar in place. Adjust foot rest on bar before connecting, near the box for short person, near pulley for tall persons.

We also furnish a swivel pulley similar to upper pulley which is attached to floor by means of a large screw eye—together with rope, handles and attachment—for lifting and leg exercises for \$1 additional.

REMARKS.—The machine should be put up where you have room to stand back and work it, which should be about 6 feet. Keep everything about the machine fitting snug. A piece of tin may be put in dovetail under pulley if it ever loosens. If more weights are desired they can be obtained by express as per price list, for postage stamps. Large weights represent 5 pounds and small 3 pounds.

Be sure and Oil Machine and Wires.

Keep These Directions.

*ALL GOODS FOR OUT AND INDOOR SPORTS ALWAYS ON
HAND AND MADE TO ORDER.*

JUNN & CO.,

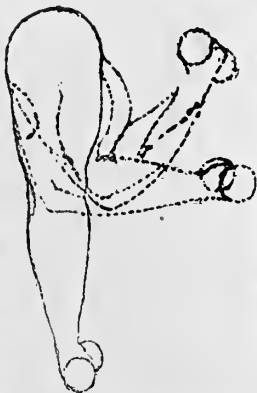
101, 103 & 105 West 36th Street,

NEW YORK.

PROF. JUDD'S Complete Manual of Dumb Bells.

AND A KEY TO HEALTH AND STRENGTH.

Prof. Judd has just finished the best book ever published in the world, containing a complete treatise on how to develop any particular muscle of the body, also a treatise in calisthenic and pulley weight exercise, concluding with short and simple directions for the care of the body adapted for persons of sedentary habits. The general public will do well to purchase this book, keep it by them and make good use of



its contents, and, by the way, those who feel so disposed can send the Prof. a small donation every year for the enormous amount it will save them in doctor's bills and the pleasure it will give them, and for the extra amount of money they will be able to make through this work enabling them to enjoy good health, which is the pleasure giver of life.

It is a duty we owe ourselves and our

Maker to give our physical as well as our mental constitution a fair chance for growth, health and improvement, for as Thompson sings,

Ah! what avail the largest gifts of Heaven,
When drooping health and spirits go amiss?
How tasteless then whatever can be given!
Health is the vital principle of bliss;
And exercise of health.



The above cuts show fully some of the many motions which are explained in this work giving the particular muscles which are developed when performing them.

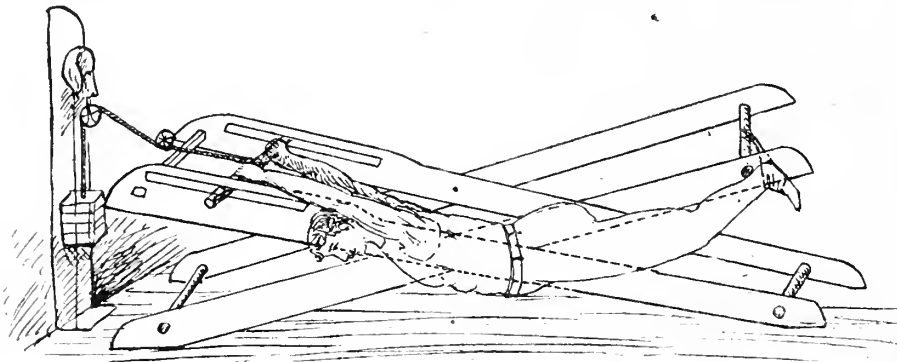
TESTIMONIALS.

We, the undersigned, have examined the PARLOR EXERCISING AND ROWING MACHINE, invented by J. R. JUDD, Professor of Physical Culture, having exercised with the same and seen it in use, and many of us having it in use in our families at the present time, take pleasure in giving our testimony to its excellence, and our approval of the principle on which it is constructed, the main feature of which is the utilizing for home exercise, under improved and patented methods, the old and approved weight and pulley, which is recognized to this day by all experienced athletes throughout the world as the only safe and effective agent in laying a proper foundation for physical culture, its use being free from the many risks attending that of springs and rubber bands. Professor Judd's apparatus is so arranged and can be so regulated that it is equally admirable and safe whether used for the earliest development of the muscular system of the young of either sex or the regular exercise of the professional athlete. The arrangement is so simple that its presence in a room would scarcely be observed, occupying only 5 inches of door space, while it affords facilities for the practice of movements hitherto not obtainable even in elaborately fitted up gymnasiaus:

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Runner of America
JOHN H. ABEEL, Jr.
Nassau Boat Club, 190 South st
JUDGE C. A. FLAMMER,
448 West 51st street
JOHN CONNOR, Jr.
Attorney At-Law, 62 Wall st
A. H. CURTIS,
Capt. N. Y. Athletic Club
W. S. GURNEE, Jr. Racquet Club
DYEY PEARL,
Dauntless Rowing Club
PROF. T. F. WHEWELL,
Gymnastic Instructor, Columbia
Grammar School, E. 51st st.
E. J. HUDSON, N. Y. Athl'c Club
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156 W. 45th st
W. D. CURRIER, Hotel, Fulton st
H. G. MEEKER, N. Y. Ath'c Club
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114 Wall st., 7th Reg't Ath'c Club
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508 5th ave.
JUDGE C. D. INGERSOLL,
22 E. 47th st
E. C. HOLSKES,
Champion 50-mile walker of Am
MISS G. BLUNT, 4 W. 27th st
H. W. WALTER,
Dauntless Rowing Club
WRIGHT & DITSON,
Sporting Goods,
580 Washington st., Boston
PECK & SNYDER, Sporting
Goods, 124 Nassau st., N. Y.
PROF. A. AUSTIN,
Boxing Master, 106 W. 42d st
A. J. REACH, Sporting Goods,
16 South 8th st., Phila., Pa
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EXTENSOR MACHINE.



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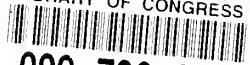
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